

YMCA & ST. LUKE'S COMMUNITY WELLNESS SEMINAR

Stroke Treatment & Prevention *Thursday, May 8th*



Don't let a stroke slow you down. There are new treatments available that in some cases can completely reverse the stroke. The key is getting medical treatment as soon as possible upon symptom onset. Come to our informational class presented by Dr. Jim Torres, Stroke Medical Director at St. Luke's to learn about the following topics:

- How to stay healthy and reduce your risk of stroke.
- The signs/symptoms of stroke.
- The importance of getting medical evaluation immediately.
- The latest treatments for acute stroke, including tPA and endovascular procedures. These treatments can actually decrease the long-term disability associated with strokes.

The Treasure Valley Family YMCA & St. Luke's Health System is partnering to bring information to the community about a variety of health topics. Future seminars will be offered every 2nd Tuesday of month:

June 10th

Spine Wellness

6:00 - 7:00pm

July 8th

Joint Wellness

12:00-1:00pm

LOCATION/TIME

1177 W State Street, Boise ID 83702

Thursday May 8th, 6:00-7:00pm

Seminars are free to both Y and non-Y members. Space is limited. To register for your spot please contact:
Mary Biddle-Newberry @ 208.344.5502 ext. 276 OR mary.biddle@ymcatvidaho.org

Presenting partners:

